

**Do your
Duty.**

**The Man with
Money has
his family
protected with money
in the Bank.**

Take a dollar out of your pocket and look at it. It is YOUR dollar. If you put it in the Bank it will KEEP ON being your dollar and it will invite other dollars each pay day to join it.

Before you know it you will have built a wall of safety around your family to PROTECT them if anything should happen to you.

Squander that Dollar and it will support ANOTHER man's family.

Put YOUR money in OUR bank.

We pay 3 per cent interest on time deposits.

Bank of Hopkinsville
Hopkinsville, Ky.

ENTRY LIST NOW CLOSED

Monday Last Day Candidates May Qualify For Primary.

Frankfort, Ky., June 26.—Monday was the last day for candidates to file their declarations to get their names on the August primary ballot. The races will be made up in the eleven congressional districts, the Seventh Appellate district and the new Thirty-sixth Judicial district.

Congressman Alben W. Barkley, of the First; David H. Kincheloe, of the Second; R. Y. Thomas, Jr., of the Third; Ben Johnson, of the Fourth; Swagar Sherley, of the Fifth; A. B. Rouse, of the Sixth, Democrats, and John W. Langley, of the Tenth, Republican, have no opposition for the nomination so far.

The Republicans have 3 candidates in the Second, and only one Republican is running in the Sixth and one Democrat in the Tenth.

In the Seventh Appellate district now represented by Judge C. C. Turner, of Mt. Sterling, who has not yet filed his declaration as a candidate, seven Republicans and one Democrat are seeking the nomination. Normally it is a strong Republican district. Judge Turner was elected in 1912 to fill out the unexpired portion of Judge E. C. O'Rear's term.

Circuit Judge Flem D. Sampson, former Circuit Judge A. J. Kirk, S. S. Willis, H. C. Faulkner, Theodore B. Blakey, G. W. Gourley and Roscoe Vanover are entered in the Republican primary, and former Circuit Judge J. M. Robertson is candidate for the Democratic nomination in the Seventh Appellate.

In the Thirty-sixth Judicial district the only candidates so far filing are S. Monroe Nickell, Republican, for Judge, and M. F. Patrick, Republican, for Commonwealth's Attorney.

CONGRESSIONAL ENTRIES.

The congressional entries are:
First District—A. W. Barkley, Democrat; George P. Thomas and T. N. Hazlip, Republicans.

Second District—David H. Kinche-

loe, Democrat; W. T. Fowler, of Hop-

kinsville; F. J. Penticost, of Henderson

and W. N. Martin, of Earlington, Republican.

Third District—R. Y. Thomas, Jr., Democrat; J. Frank Taylor and T. F. Hinton, Republicans.

Fourth District—Ben Johnson, Democrat; Dr. J. H. Ashlock, William Hobson, Thomas Spurrier and W. Fletcher Nickols, Republicans.

Fifth District—Swagar Sherley, Democrat; Lewis Ryans and Ben L. Bruner, Republicans.

Sixth District—A. B. Rouse, Democrat; John E. Shepherd, Republican.

Seventh District—J. Campbell Cantrell and R. L. E. Murphy, Democrats, E. N. Casey and H. S. Vanzant, Republicans.

Eighth District—Harvey Helm and C. F. Montgomery, Democrats; L. T. Neat and R. L. Davison, Republicans.

Ninth District—W. J. Fields, J. B. Hiles, H. C. Duffy, D. W. Riley and J. W. Perry, Democrats; Trumbo Snedegar, A. J. Pennington and E. C. Kash, Republicans.

Tenth District—Willis Staton, Democrat; John W. Langley, Republican.

Eleventh District—J. M. Clay and S. B. Dishman, Democrats; Caleb Powers and J. B. McKeehan, Republicans.

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Favorably Reported.

Kentucky towns to receive appropriations for sites or buildings, arranged by Congressional districts are:

First District—Murray, \$40,000, for building, site already acquired; Hickman, \$7,500, for a site.

Second District—Madisonville, \$60,000, for building, site already acquired.

Third District—Central City, \$80,000 for building; Russellville, \$10,000, for a site.

Fourth District—Campbellsville, \$10,000, for a site.

Sixth District—Falmouth, \$40,000, for a building.

Seventh District—Owenton, \$10,000, for a site; Eminence, \$40,000 for a building.

Eighth District—Shelbyville, \$25,000, additional appropriation for a building; Stanford, \$10,000, for a site.

Tenth District—Pikeville, \$30,000, for a building; Hazard, \$35,000, for mine rescue station, site and building.

Eleventh District—Barbourville, \$35,000, for a building; Pineville, \$5,000, for mine rescue station building, site already acquired.

A woman can adjust her figure to show up best at the point she wants it to.

DR. BEAZLEY
Specialist
Eye, Ear, Nose and Throat.

CALL ISSUED TO DEMOCRATS

Committee Meets Saturday For Purpose of Choosing Campaign Chairman.

Chairman Lucian Harris, of the Christian county Democratic committee, has issued a call for a meeting of that committee to be held at the court house in this city next Saturday afternoon to name a campaign chairman for this year and attend to other matters. The selection of a campaign chairman for the presidential election this year is a matter of special importance and the committee will endeavor to get the very best man possible for the place.

The call is issued in pursuance of directions contained in a communication from the state central committee.

In Society.

Miss Tandy Entertains.

Miss Nell Tandy was hostess at three tables of bridge Tuesday morning in honor of her house guest, Miss Virginia Booth, of Danville, Ky. Mrs. Malcolm Frankel won the prize. Those present were: Misses Mary Moore, Addie Green, Agnes Flack, Alice Radford, Mary Crenshaw, Bess Wallace, Mary Clark, Mesdames Malcolm Frankel, Eric Peterson, Milton Gant Moore and Annie Girdler of Springfield Tenn.

Miss Blakey Entertains.

Miss Sallie George Blakey entertained at a picture show party Tuesday evening in honor of her house guests, Miss Marjorie Helm and Miss Blakey, of Owensboro. Delightful refreshments were served at the home of Miss Blakey after the show.

Those present were Misses Blakey, Marjorie Helm, Evelyn Smith, Florine Rives, Juliette Kennedy, Viola Radford, Helen Thompson and Messrs Oglesby Soyars, Robert Henry, Joe McCarroll, John Venable, John Breathitt, John Gunn and Bruce Woodruff.

Miss Breathitt at "500."

Miss Julia Breathitt entertained three tables of 500 at her home on South Virginia Tuesday afternoon.

Delightful refreshments consisting of ices and cakes were served.

The guests were Misses Lucy Alenworth, Caroline Radford, Grace Davis, Elizabeth Davis, Rowena Yost, Elizabeth Carter, Mildred Hancock, Dorothy Eckles, Ann Bell, Mary Virginia Stevens, Louise Breathitt.

Robert Cooper Host.

Robert Cooper was host at a dancing party at his home on East Seventh street, Tuesday evening.

Dancing Party.

Miss Margaret Lackey entertained a dancing party at her home on Walnut street Monday evening.

STITES-BOYD.

Mr. John Stites, of this city, and Miss Susie Boyd, of Cadiz, will be married at 7:30 o'clock this evening, at the Baptist church in Cadiz. Mr. Pollard White will sing a solo and Miss Smith will preside at the organ.

The ceremony will be performed by Rev. M. Shanks. Mr. Ed L. Weathers will be the groom's best man and the maid of honor is Miss Lucy Boyd, the bride's sister. Mrs. Laura Lightle will be matron of honor and Mr. Harper Boyd will give his sister away.

Messrs John P. Thomas and L. A. Tuggle, of this city, the ushers, and Misses Isabel and Susie Grasty will complete the bridal party. Little Miss White will be the flower girl.

After the ceremony Mr. and Mrs. Stites will come to this city and take a night train north for a bridal trip of ten days, after which they will be at Mr. Eugene Wood's on South Main street.

Mr. Stites is a prominent young attorney and his bride-to-be is a daughter of Mr. and Mrs. Sam Boyd and is one of Trigg county's most beautiful and lovable young ladies.

Wm. T. Underwood, a brother of Senator Oscar W. Underwood, died suddenly at Williamsburg, Ky., Monday.

The converts of the recent revival were baptized last night at the First Baptist church.

FOODS FOR CHILDREN

EXPERTS GIVE ADVICE ON QUESTIONS OF IMPORTANCE.

Directions for the Bodily Needs of the Small Members of the Household—Pure Milk the One Great Thing to Be Desired.

(Prepared by the United States Department of Agriculture.)

Simple bills of fare, helpful recipes, and practical directions for the preparation of foods for children between three and six years of age are contained in Farmers' Bulletin 717, "Food for Young Children," issued by the United States Department of Agriculture.

The author has carefully avoided the use of all technical dietary terms or systems of grouping and has so classified foods that any mother can meet the following definition of a satisfactory diet for a little child:

"A little child three to six years of age, who is carefully fed in accordance with his bodily needs (as these are now understood) receives every day at least one food from each of the following groups:

1. Milk and dishes made chiefly of milk (most important of the group as regards children's diet); meat, fish, poultry, eggs, and meat substitutes.
2. Bread and other cereal foods.
3. Butter and other wholesome fats.
4. Vegetables and fruits.
5. Simple sweets."

The relation of food to the condition of the bowels is also an important matter. Grains, particularly those containing the outer or branny layers or coats, are laxative; so, too, are such mildly acid fruits as apples, oranges and grapefruit. So far, therefore, as the important matter of preventing constipation is concerned, coarse grains and mildly acid fruits serve the same purpose. When fruits are to be obtained in abundance, the kind of cereal served is not of great importance. When they are not, the coarser cereals should be used.

The basis of a child's diet should be clean, whole milk—at least a quart a day. Such milk, in addition to water contains about half a cupful of the very best food substances—butterfat, milk sugar, lime and other materials needed by the child to make muscle, bones, and teeth. In addition, milk contains a substance thought to promote growth by helping the body make good use of other foods. Where good whole milk is not obtainable, clean, fresh skim milk supplies these substances with the exception of the butterfat, and is, of course, preferable to dirty or questionable whole milk. Milk, however, contains very little iron and therefore spinach and other green vegetables and egg yolks, which are rich in iron, combine well with milk.

The child should drink the milk with the child taken off, or should consume his full quart a day with cereals and in milk toast, cocoa, milk soups and stews, in cereal puddings, egg-and-milk puddings, custards, junkets, or simple ice creams. Milk stews may be made with vegetables or fish, or to vary the diet these can be combined with cream sauce and served on milk toast. The bulletin therefore gives a large number of recipes for the preparation of various milk dishes which will help children consume the requisite amount of milk without growing tired of this valuable food. Those for milk soups will be found particularly useful, as they give the mother an easy means of preparing many vegetables which are essentials in the child's diet.

Well-baked bread and thoroughly-cooked breakfast cereals are both good for children, and with milk should make up a large part of the diet. Bread and cereal mushes are, to a certain extent, interchangeable, but neither can take the place of milk, meat, eggs, fruits and vegetables. An ordinary slice of bread is equal in food value to about half a cupful of boiled or steamed cereal and about a cupful of flaked or puffed cereal. Different kinds of bread may be used for variety.

The yeast-raised bread given to young children should be at least a day old, or should be toasted or twice baked. Hot breads are likely to be swallowed in large pieces, and are therefore not desirable. Hot breads which are almost all crust, like thin tea biscuits or crisp rolls, are best of the hot varieties.

Under the heading "Meat, Fish, Poultry, Eggs and Meat Substitutes," the author states: "In some families children do not get enough meat and eggs; in others they get too much. A good general rule commonly followed is to give a child, two years old or over, an egg every other day and about the same amount (two ounces) of meat, fish, or poultry on the intervening days. Where meat is omitted, care must be taken to see that other suitable foods take its place—preferably an extra amount of milk and eggs."

Fried meats should not be given to a child, because they are likely to be overcooked and tough and also because the fat may be scorched and thus changed in composition. Scorched fat is almost certain to be harmful to children.

Meat is best given as broiled chop meat or in simple meat stews combined with vegetables. Poultry may be boiled and served with rice. When roasted, only the tender portions should be fed. Highly-seasoned stuffings or rich gravies should not be given to a young child.

Dried and other fish, and oysters,

may be used in milk stews. Well-boiled fish is good for variety. Eggs must not be overcooked or they are likely to cause indigestion. The best way to cook eggs is to poach or coddle them. Scrambled eggs may be served occasionally, provided care is taken not to scorch the fat or to overcook the eggs.

Fat is an important part of the food of children. There is more than an ounce of fat (at least two and a half level tablespoons) in a quart of whole milk. If the healthy child is given a quart of milk, has butter on his bread, and meat or an egg once a day, he gets enough fat, and that which he received is in wholesome form. It is well, therefore, not to give such fatty foods as pastry, fried meats and vegetables, and doughnuts or rich cakes. If the child is constipated, the occasional use of cream or salad oil is desirable, for fat in abundance is laxative.

Bacon or salt pork, cut very thin and carefully cooked, may be given occasionally. It is very important not to burn the fat.

Vegetables and fruits are grouped together because they are similar in that both supply iron, lime, and other mineral matters, and also lactic acids. Vegetables are an important but often a neglected part of the child's diet. They should be served at least once a day, as they help to keep the bowels in good condition. Fruits are important for their flavoring, for their laxative effects and doubtless for other reasons, and should be served in some form at least once a day. Fruit juices and the pulp of cooked fruit, baked apples and pears, and stewed prunes, are the safest. The child should not be allowed to eat the skins unless they have been made very tender by cooking.

Sugar is a desirable part of the diet provided it is given in simple sweets and not allowed to take the place of other foods and spoil the child's appetite. Simple sweets are such things as lump sugar, maple sugar, sirups, honey, and plain candy, and those foods in which sugar is combined in simple forms with fruit juices (in lemonade, water ice, jelly, etc.), with flour or starch, as in plain cakes (cup cake, sponge cake, cookies), and with fruit, as in jams, marmalades, and similar things.

Kitchen Measurements.

One kitchen cupful equals one-half pint, or two gills.

Four kitchen cupfuls equal one quart.

Two cupfuls of granulated sugar equal one pound.

Two and one-half cupfuls of powdered sugar equal one pound.

One heaping tablespoonful of sugar equals one ounce.

One heaping tablespoonful of butter equals two ounces or one-quarter cupful.

One cupful of butter equals one-half pound.

Four cupfuls of flour (one heaping quart) equal one pound.

Eight round tablespoonfuls of dry material equal one cupful.

Sixteen tablespoonfuls of liquid equal one cupful.

Cinnamon Rice Pudding.

Buy four ounces or so of the red cinnamon drops, or perhaps two ounces would do for a large, creamy rice pudding, or for half a dozen of individual size. Allow twelve or eighteen drops to each cupful of milk used, and also to each cupful of milk allow one well-washed tablespoonful of rice and about a tablespoonful of sugar. If it is to be served with a sweet sauce do not add any sugar.

Put into buttered baking dish or dishes or into the glass baking molds, and bake from one hour and a half to two hours in a moderate oven, stirring in the top every half hour or even oftener. A meringue may be added and across this strewn some pink sugar or some of the cinnamon drops ground up in a mortar.

Chocolate Cream Pie.

Here is a chocolate cream pie which everybody likes and it has the merit of being cheap. Into your double boiler put one pint of hot water. Blend together one and one-half cupfuls of sugar, four tablespoonfuls of flour, two of cocoa, butter size of small egg, a pinch of salt and stir into the water. Cook until thick. Cover a deep pie plate inside and bake a nice brown, fill with cocoa mixture, cover with whipped cream and sprinkle with chopped nuts.

Succotash.

Take the amount of kidney beans desired and soak overnight. In the morning place on stove and add fat salt pork, cut into rather small pieces, to taste. Salt. Let simmer until beans are soft. Do not have too much water. The beauty of it is to cook slowly. Just before serving add one can corn and heat it through. Serve hot. Succotash is also made from lima beans with corn added. Some prefer it that way.

Carrot Stew.

Here is a carrot stew that was sent into the column some years ago by W. D. and I will copy it for you, as I think it is delicious. Cut the carrots in small pieces and cover with milk enough to stew them. Add salt and pepper to taste, and a small piece of butter.

The Newest Rolling Pin.

A recent invention in rolling pins is made of glass, and may be used when making biscuits and cookies, but it is especially satisfactory when working with pastry, as it is fitted with aluminum caps which can be removed for the insertion of ice.

"Still Waters Run Deep"

So don't you think for one minute that some of these "quiet contestants" are not busy. They are on the job

Night and Day

Between now and Aug. 12th, you must make your master stroke or else go down in defeat in the SIX GREATEST CONTESTS ever pulled off in CHRISTIAN COUNTY.

Just stop and think. A little work between now and Aug. 12th, may bring to you a

Pony, Buggy and Harness,
Mogul Wagon,
5 Sqs. Asfaltslate Shingles,
Beautiful Bath Tub,
10 Gals. Paint,
Majestic Range,

Size them up. They are not shop worn, worthless gifts, but are the very best of their respective kinds.

"Strike While the Iron's Hot"

tomorrow may be too late. Slip your opponent one "under the belt" before he slips you one.

Do your trading with

Forbes'

and thus be assured of the very best for the least money and besides get votes in the SIX BIG FREE CONTESTS.

Business is Good

We have no cause for complaint. Folks always will trade with FORBES because they have learned that we handle nothing but the best and that our prices are always right; our service is prompt and we always treat our patrons courteously.

If You Haven't

Enlisted

as our customer. DO IT NOW. WE WANT YOU.

FORBES'
Manufacturing Co.
INCORPORATED.

In Business 45 Years.